



Gross and fine motor skills required by a NZ Registered Midwife

- All practising midwives are required to maintain competence across the midwifery scope of practice and must therefore be physically able to carry out all required skills even if their day to day work is only in one part of the scope.
- All tasks require an uncompromised sense of touch in fingertips.
- Some tasks may require concurrent use of gross motor skills by one hand and fine motor skills with the other.
- Some tasks may require completion of separate tasks in different hands concurrently.
- Some tasks require lack of tremor.
- Some work requires the ability to remain on one's feet for several hours at a time.
- The ability to make gross and fine movements repetitively would be required at times eg during intrapartum.

Midwifery skill	Gross motor skills	Fine motor skills
Antenatal assessment	Ability to bend over. Arm and hand movements.	Ability to grasp and manoeuvre (fetal poles). Fine finger movements eg for manipulation of sphygmo and ability to remove urine stick from packet.
Pelvic assessment	Ability to bend over.	Dexterity of fingers, wrist and arms. Strength in fingers, wrists and hands.
Venepuncture	Ability to bend over. Use of wrist and hand.	Steady finger manipulation. Finger strength. Finger flexibility and dexterity.
Cannulation and management of intravenous therapy	Ability to bend over. Use of wrist and hand.	Steady finger manipulation. Finger strength. Finger flexibility and dexterity.
Catheterisation	Ability to bend over. Use of wrist and hand.	Steady finger manipulation. Finger flexibility and dexterity.
Assessment, monitoring and interpretation of fetal heart patterns using a pinard, ultrasound and cardiotocograph equipment	Ability to bend over. Ability to hold a sonicaid at maternakl abdomen. Ability to bend into or kneel beside a bath to listen with sonicaid while woman in bath.	Ability to hold equipment. Ability to rotate hands. Ability to put on sterile gloves.
Vaginal assessment	Flexibility in arms, wrists and hands.	Finger dexterity. Ability to put on sterile gloves



Labour assessment	Strength to physically support labouring woman. Strength to push a hospital bed and to remove bed ends.	Ability to put on sterile gloves
Facilitation of normal vaginal birth	Ability to kneel, squat and stand up quickly. Ability to bend over. Strength to apply and hold packs to perineum. Strength to lift and hold newborn.	Flexibility of fingers, wrist and arms. Finger dexterity. Ability to grip for period of time. Strength to apply gentle traction in order to facilitate birth. Ability to put on sterile gloves Ability to use clamps and scissors to grasp and sustain traction for birth of placenta.
Perineal repair		Flexibility of fingers and wrist. Finger dexterity. Ability to use steady finger manipulation. Ability to put on sterile gloves Ability to use needle holder, forceps and scissors. Ability to swab perineum.
Newborn assessment	Ability to carry newborn safely. Strength to lift and turn baby over.	Ability to grasp and flex baby's limbs.
Postnatal assessment of woman	Ability to bend over. Arm rotation. Eg ability to use hand to assess fundus.	
Postnatal assessment of baby	Strength and dexterity to hold baby and dress/undress. Able to hold baby's foot in one hand and collect blood specimen in the other.	Finger dexterity. Eg: ability to use fine equipment for blood collection.
Breastfeeding support	Ability to bend over.	Finger flexibility and dexterity.
Management of emergencies eg post partum haemorrhage, undiagnosed	Ability to run. Agility to move quickly.	Arm and finger dexterity and strength. Eg to connect equipment; to insert fingers into vagina, locate malar prominence and flex fetal



<p>breech, shoulder dystocia, retained placenta</p>	<p>Flexibility to raise arms.</p> <p>Strength to apply CPR type pressure for periods of time.</p> <p>Strength and agility to push a hospital bed.</p> <p>Strength to assist holding a woman.</p> <p>Flexibility to clench fist and strength to push uterus upwards in pelvis, while massaging fundus with other hand.</p> <p>Finger strength to push against presenting part for an extended period of time.</p> <p>Flexibility and strength in hands to massage uterus for extended period of time.</p> <p>Strength and flexibility to grasp baby and to rotate shoulders from pressure on hips</p>	<p>head; undertake vaginal assessment that entails placing hand between baby's and mother's pelvis and complete manoeuvres that require ability to grasp, flex fetal arm and deliver baby.</p>
<p>Neonatal resuscitation</p>		<p>Finger dexterity, flexibility and strength. Eg to connect equipment, use of small resusc bag, maintain tight seal around infants nose & moth, perform resusc with thumbs or fingers.</p>
<p>Adult resuscitation</p>	<p>Strength and flexibility to move prone woman.</p> <p>Strength to perform pre-cordial thump and CPR thereafter.</p>	<p>Manual dexterity, flexibility and strength.</p>